

## **ABSTRACT**

A shoe sole includes a resilient cushioning device engaged in the heel portion for cushioning heel portions of users, the resilient cushioning device includes two frame members cross to each other to form an X-shape structure as seen from side portion and each having an inclined structure and each having a front portion and a rear portion. Each of the frame members has a portion suspended in the shoe sole, to provide a resilience to cushion and support the heel portions of the users. One of the frame members includes one or more arms to support the other frame member. One or more resilient members may further be used to cushion the frame members.